

Mayor's Office for Senior Citizens

810 - 3rd Avenue, Suite 350
(The Central Building)
Seattle, WA 98104

Monday–Friday
8:00 a.m.–5:00 p.m.

TEL (206) 684-0500
FAX (206) 684-0494
TTY/TDD (206) 233-2778

WEB
[www.seattle.gov/humanservices/
mosc/](http://www.seattle.gov/humanservices/mosc/)

The Mayor's Office for Senior Citizens, administered by the Seattle Human Services Department, complies with all applicable federal, state, and local laws prohibiting discrimination.

Accommodations for persons with disabilities will be provided upon request.



**Gregory J. Nickels, Mayor
City of Seattle**

**Patricia McInturff, Director
Seattle Human Services Department**

**Irene Stewart, Director
Mayor's Office for Senior Citizens**

Volunteer Resource Center

Mayor's Office for Senior Citizens



**City of Seattle
Human Services Department**
Gregory J. Nickels, Mayor

Volunteer Resource Center

Promoting social and civic engagement for seniors and adults with disabilities.

The Mayor's Office for Senior Citizens supports healthy aging, independent living, and social and civic engagement for all people, and especially older adults and adults with disabilities.

Intergenerational Dialogues

Elders from the community have numerous opportunities to engage with children and youth through inter-generational programs. The Mayor's Office for Senior Citizens, in partnership with a community nonprofit organization called Intergenerational Innovations, coordinates dialogues between youth and elders in local schools and community organizations. These programs help break down barriers caused by age and cultural differences. For more information, call (206) 386-1023.

Seniors (& Others!) in Service to Seattle

Whether you share your time and talent on a regular or occasional basis, you can make someone's life brighter. The Mayor's Office for Senior Citizens connects seniors to organizations that match their community service interests.

We also refer younger persons and families to organizations that can help them make a one-on-one connection with elders or persons with disabilities. We coordinate business groups for special events and large projects.

We encourage nonprofit and community organizations that provide services to older adults and adults with disabilities to list their volunteer opportunities with the Mayor's Office for Senior Citizens.

For volunteer information, call (206) 684-0639.

Seniors Training Seniors in Computer Basics

Persons over age 50 can learn computer skills, including use of Windows, Word and Excel software, photo editing, and e-mail and Internet techniques, in small classes taught by senior volunteers at senior and community centers throughout Seattle. Computer-savvy persons 50+ are encouraged to apply for volunteer instructor positions.

For computer class registration information, call (206) 684-0639.